

# LH Connect\*

## Harrowing incident for L&H Paralegal on recent flight



Spokane Paralegal, Laurie Davis

Like millions of people each day, Lee & Hayes' Paralegal, Laurie Davis, made her way to the airport for an early morning flight, destined to visit her newborn baby granddaughter in Los Angeles. Most passengers slept or stared off sleepily as the flight crew finished up final details prior to the 6:00 a.m. take-off.

"December 1st was a cold morning and while the plane was being deiced, the cabin was dark and quiet; the perfect setting for a little nap." Laurie was settling in for her trip south when she was jolted awake. "It was a full flight and I was seated in the second to the last row," said Laurie. "Out of nowhere I hear what I can only describe as an unearthly sound coming from the seat behind me. It was so wrenching and unnatural — I swung around and saw the man behind me seizing up, and then he slumped over into the aisle! I quickly looked at the passenger across the aisle from this man and he just looked at me in a state of panic, but didn't move. It all happened so fast, but I knew I needed to do something!"

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## Hipster Index shows Lee & Hayes is, indeed, hip



### The American hipster

**Interests:** Making your own hot sauce

**Eats:** Kale

**Drinks:** Filtered tap water and Aperol Spritz

**Special Hipster Point:** You rent unique spaces to host dinner parties

### Must have items

Tinder

Bank account with an alternative bank



**But you already knew that.  
Because you're hip.**

It's no secret that an ample supply of snacks, casual dress code, and collegial atmosphere contribute to an inviting workplace. Pepper that with some yoga classes and a man bun or three and you have what could arguably be called a "hip" work environment.

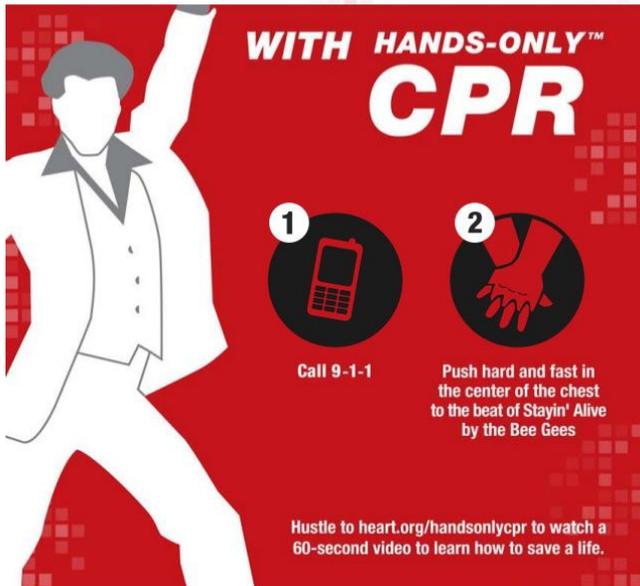
Hip is a subjective term, but according to relocation website, [movehub.com](http://movehub.com), Lee & Hayes is positioned in 6 of the top 10 hippest cities in the United States, with Vancouver, Washington landing at number

one! Movehub.com pulls from five data points that include the number of microbreweries, thrift stores, vegan restaurants and tattoo studios per 100K residents and rent inflation. They further define hip by this tongue-in-cheek definition:

*"No one calls themselves a hipster, as this is against the very core of being a hipster. What they all have in common is the idea of themselves as being effortless and a hipster as someone being a try-hard. Hipsters don't follow trends, they just "happen" to like what's trendy. It is a word that refuses to disappear from our vocabulary. As descriptive and fleeting as it needs to be for us all to understand its meaning. If you look at this infographic and feel somewhat hit, we're sorry to break it to you, you might be a hipster in everyone else's eyes but your own. And we don't judge, we love all you non-hipster hipsters, wherever in the world you may be and whatever non-trendy trend you're following at the moment."*

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# TWO STEPS TO STAYING ALIVE



The American Heart Association offers this simple infographic to showcase the importance of chest compressions during a cardiac event. For more information, visit [heart.org/handsonlycpr](http://heart.org/handsonlycpr)

Laurie recounted how she threw her upper body over the back of her seat and tried to lift the man upright. “He was drenched in sweat, ice cold, and unconscious. I tried to lift him, but he was too heavy, so I yelled at the man across the aisle to help me. Once we got him upright, I put my hand on his forehead and was shaking him, yelling ‘sir, can you hear me?’ I tried to find a pulse in his neck, but couldn’t find it. I knew that he wasn’t breathing and decided it was time to do CPR. I told a fellow passenger to hold his head upright and then I just pushed as hard as I could into his chest. I braced my feet on the seat in front of me and leaned over the seat behind me to push all of my bodyweight into chest compressions for what seemed like an eternity.”

Laurie’s efforts paid off when the man briefly regained consciousness with a wild-eyed gasp for air. “After he gasped for air, he slumped over again. I yelled for a nurse or doctor on board and, as luck would have it, a nurse was seated right in front of me!”

Of all the things that were obviously going very wrong for this man that early December morning, many things went exactly right. Seated directly in front of him was Laurie Davis, a quick-to-act strong woman who also happened to have had CPR training through her courses to become a certified outdoor guide. Seated in front of Laurie was a Registered Nurse, who jumped in to help Laurie until emergency medical personnel could arrive. “Once the EMT’s arrived, they put the man on a stretcher and exited the plane. That was the last I ever saw of that man.”

Following a debrief by the airlines, Laurie asked the nurse whether there was anything else she could have done. “She said that I did everything right and that my actions saved that man’s life.” At this point in retelling the story, Laurie became slightly emotional as the gravity of what this means sank in. “I know that had I not known CPR and taken action, this man would have died on that plane.”

This man was not just another face on a commuter plane, but was special to somebody; perhaps a husband, father, son, brother, uncle, friend. Thanks to the quick actions of Laurie, he was given the opportunity to continue to be a presence in his loved ones’ lives.



Inspired by Laurie’s story, Lee & Hayes will place special focus on CPR training during our Heart Month Wellness activities this February.

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While, technically, Tacoma is just outside of Seattle and Richmond is nearish Reston/D.C., we’ll take the accolades and claim hipster status (even though we don’t identify as hip, because that would be SO unhip). That Austin didn’t make the list makes them the most hip of all.

[MoveHub](#) has been mentioned in the likes of *Time Magazine*, *Forbes Magazine*, *The Telegraph* and on the BBC and is regarded as one of the top resources for those looking to move abroad.

	City	State	US Hipster Index Score
1	Vancouver	Washington	8.230
2	Salt Lake City	Utah	7.145
3	Cincinnati	Ohio	7.061
4	Boise	Idaho	7.043
5	Richmond	Virginia	7.040
6	Tacoma	Washington	6.942
7	Spokane	Washington	6.908
8	Atlanta	Georgia	6.750
9	Grand Rapids	Michigan	6.708
10	Rochester	New York	6.630